

SHYFL GENERAL & AGE SPECIFIC PLAYING RULES

The SHYFL uses the National Federation of High School Football rules and regulations as its basis.

Additionally, the SHFYL Executive Board, the SHYFL Board of Representatives and SHYFL Referees have collectively and unanimously approved adjustments to the National Federation of High School Football rules. These adjustments maintain a competitive spirit and sportsmanship among league members, keeps our young athletes safe and promotes learning the game of football in a progression that appropriately fits their age and skill level.

The SHYFL Executive Board maintains the right to enforce and amend all general rules, age specific playing rules and if necessary, impose disciplinary action for conduct detrimental to the integrity, safety and reputation of the SHYFL.

SHYFL GENERAL RULES

1. Each community will have one USA Football Certified Player Safety Coach.
2. All first time head coaches, regardless of age group, must be USA Football Heads-Up Certified.
3. All head coaches, assistant coaches, athletes, referees and fans should act in a manner that is not detrimental to the SHYFL. The Executive Board reserves the right to impose disciplinary action if deemed necessary. **In instances where organizations continually break game rules, the board will follow the below course of action:**
 - a. **Complaint by the offended party (NOTE: Complaints in these instances must be provided within 48-hours of the infraction).**
 - b. **Evidence provided regarding the discretion (NOTE: Evidence in this instance shall be documented video footage or other visual documentation).**
 - c. **Executive Board Review of the discretion.**
 - d. **Decision by the executive board regarding the appropriate disciplinary action.**
- **Appropriate disciplinary action is as follows:**
 - **First Offense:** Verbal Warning by the Executive Board.
 - **Second Offense:** Formal Written Warning by the Executive Board.
 - **Third Offense:** One-Game Suspension of the Head Coach of the Offending Part
4. **A player disqualified from a game for any reason will also be suspended from the following game. Instances that result in disqualification from a playoff game will be subject to board review because offending parties might be eliminated from playoff contention due to game result.**
5. All head coaches and assistant coaches on opposing teams should strive to work together in a manner that is conducive to the safety of every player on the field.
6. Each community is required to sign up for HUDL.
7. For every JV and Varsity game, each community, whether the home or away team, is to film the game. Scrimmages are not required to be filmed. All Termite games are optional, and film does not have to be shared via HUDL. Recommended one per division.

8. The game film is to be up no later than 24 hours after the games completion. Every effort should be made to upload the film to HUDL sooner than 24 hours. **Failure to post game film will result in the following course of action:**
 - a. Complaint by the offended party
 - b. Evidence provided regarding the discretion.
 - c. Executive Board Review of the discretion.
 - d. Decision by the executive board regarding the appropriate disciplinary action.
- Appropriate disciplinary action is as follows:
 - **First Offense:** Verbal Warning by the Executive Board.
 - **Second Offense:** Formal Written Warning by the Executive Board.
 - **Third Offense:** One-Game Suspension of the Head Coach of the Offending Party.
 - **NOTE:** In the event there technical difficulties that prevent game film from being upload within the 24-hour time frame, communication between concerned parties must be clear and quick.
9. No cut blocking or crack back blocking is permitted at any age level. The penalty enforcement will be 15 yard for JV and Varsity, 10 yards for Termites.
10. Cross rostering is permitted in some specific cases (see Cross Rostering Appendix for guidelines).
11. **Players cannot register at any level for other communities unless they first register with their home communities.**
12. All age based maximum weights are subject to review by the SHYFL Executive Board.
13. If a player petitions to play up **or down (delete)** by age level due to weight or skill level, the petition will be reviewed by the SHYFL Executive Board on a case by case basis. **Players may play up in emergency situations as defined and reviewed by the Executive Board.**
14. Each community and head coach is responsible for ensuring that all players meet the PIAA required minimum of three (3) consecutive days of heat acclimation prior to any contact at practice.
15. PIAA heat acclimation days permit players to wear helmets, shoulder pads and football shoes. All other contact pads are prohibited during the minimum three (3) consecutive days.
16. All teams may practice up to ten (10) hours per week, prior to the first regular season game.
17. Thereafter, all teams are permitted up to six (6) hours per week of practice, including and through all playoff games.

AGE BASED PLAYING RULES:

Termite (K-2 grade) Division:

- The Termite division will play 9 vs. 9 football.
- The field will be 80 yards in length and will be the normal width.
- Assessed penalties are 5 yards for off sides and 10 yards for every other type of penalty.
- The game will consist of four 15 minute quarters with a running clock except for the last two minutes of each half, which will be regularly-timed football (clock starts/stops on referees signal). There is a 10 minute half-time.
- Three timeouts are allotted per half.

- There is a 30 second play clock.
- Two coaches are permitted on the field and in the huddle; once the offense breaks the huddle, the defensive coaches should work themselves to the offensive side of the ball and get 10 yards behind the line of scrimmage.
- There is to be no talking/coaching/directing the kids once the offense breaks the huddle
- There are NO special teams in this division (no punts/no kick-offs).
- After a touchdown, the offense may elect to go for one or two points. If one point, the ball is placed at the 3 yard line; if two points, the ball will be placed at the 5 yard line.
- The ball is to be placed on the 30 yard line at the beginning of each half and after a touchdown is scored.
- If either team elects to punt, there will be a 20 yard walk-off by the referee and the clock (if in the last two minutes of each half) will run off 10 seconds. There are no punts permitted inside of the defensive 40 yard line.
- The offense is not permitted to run a QB sneak or use a silent count.
- **The offense is not permitted to run an unbalanced line.**
- Only one back may be outside of the TE. No twins or trips formations permitted.
- All offensive lineman, including the TE's must be in a 3-point stance.
- If an offensive player goes in motion, he may cross the midline and block a defensive player (kick-out a defensive end as an example) or take a hand-off. However, if an offensive player goes in motion to a wing position, he must come to a complete stop (1 full second minimum) prior to blocking a defensive player. The penalty enforcement will be 15 yards for JV-Varsity, 10 yards Termites.
- **The defense is only permitted to run a 4-4-1 set.**
- All defensive lineman, including ends must be in a 3-point stance. LB's must be a minimum 3 yards off the ball and Safeties must be minimum 7 yards off the ball.
- The defense is not permitted to line up over the center or in the A gap. The DT's must engage with the OG's prior to A gap penetration. There is NO blitzing. **Blitzing is defined as a direct charge to the line of scrimmage upon the snap. Players may charge the line of scrimmage after making reactive football move.**
- The MAX skill weight is 75 pounds. (Although, the Tight End is eligible to catch a forward pass; the TE is not permitted to catch a screen pass or take a hand off of any type). Violation of the Max Skill Weight player who is on the end of the line and takes a hand-off or screen pass will initially be a 5 yard penalty and then escalate to 15 yard unsportsmanlike and charge against the head coach (not the player). Note: the player is just executing what the coach is telling them, so the coach should assume responsibility for this.
- The review playing weight is 110 pounds. Players over that weight are subject to an Executive Board review.
- On offense, players over the review playing weight may line up from tackle to tackle only, they are ineligible to catch any pass.
- On defense, players over the review playing weight must line up in a three or four point stance head up over the offensive tackle and may penetrate, at the snap of the ball, through any gap.
- Players over the review weight are allowed to advance a fumble or an interception.

- OLD—All SHYFL communities will try to keep a maximum roster size of 14 players at this age group.
- CHANGE—All SHYFL communities will try to keep a maximum roster size of 12 players excluding Kindergartners. All SHYFL communities shall splint at 24 players excluding Kindergartners.
- All SHYFL teams at this age group will make the playoffs.

Junior Varsity (3-4 grade) Division:

- The Junior Varsity Division will play on a regulation sized field with 11 vs. 11.
- **No unbalanced line is permitted.** You need 3 players on the line of scrimmage on each side of the center. A split end does count as one on the line. There are no restrictions on where you put your backs. Trips formation is permitted.
- The game will consist of 4 quarters that are 10 minutes each with a 10 minute halftime.
- Regulation clock and regulation penalties.
- There are three allotted time outs per half.
- There is a 25 second play clock.
- If either team elects to punt, there will be a 20 yard walk-off by the referee and the clock will run off 10 seconds. There are no punts permitted inside of the defensive 30 yard line.
- After a touchdown, the offense may elect to go for one or two points. If one point, the ball is placed at the 3 yard line; if two points, the ball will be placed at the 5 yard line. The scoring team may elect to kick for two points; if so, the ball will be placed on the 3 yard line. Running or passing the ball in for a score out of a kick formation, results in one point. Fake kicks are not allowed.
- After scoring, the opposing offense will start on their own 30 yard line. Kickoffs are only permitted if the scoring team is trailing at any time during the 4th qtr, the trailing team then has the option to kick from its own 40 yard line.
- One coach is permitted on the field and in the huddle; once the offense breaks the huddle, the defensive coach must work themselves to the offensive side of the ball and get 10 yards behind the line of scrimmage.
- There is to be no talking/coaching/directing the kids once the offense breaks the huddle from the coaches on the field. **In instances when an offense conducts a no huddle situation, defense coaches can instruct their players regarding alignment only.**
- OLD—The defense is not permitted to line up directly over the center; A-gap alignment permitted.
- CHANGE— A defensive lineman may not line head up over a center in a pistol or shotgun formation.
- There is NO blitzing permitted at this age group. **Blitzing is defined as a direct charge to the line of scrimmage upon the snap. Players may charge the line of scrimmage after making reactive football move.**
- The defense is permitted to have 6 players maximum on the line of scrimmage; 8 players maximum are permitted on the line of scrimmage inside of the 10 yard line (goal line defense).

- On defense, LB's and CB's must be a minimum 3 yards off the ball and Safeties must be minimum 7 yards off the ball. A minimum of one safety must be in the defensive alignment at all times.
- If a defensive end lines up clearly on the outside of the offensive tackle, he is permitted to be in a 2-point (standing) stance. If a defensive lineman lines head up or inside of the offensive tackle, he must be in either a three or four point stance.
- Only one defensive player on each end of the line may be in a 2-point stance. This includes defensive ends and OLB's.
- On offense, all lineman must be in a 3-point stance, the TE is permitted to be in a 2-point stance.
- If an offensive player goes in motion, he may cross the midline and block a defensive player (kick-out a defensive end as an example) or take a hand-off. However, if an offensive player goes in motion to a wing position, he must come to a complete stop (1 full second minimum) prior to blocking a defensive player. The penalty enforcement will be 15 yards for JV-Varsity, 10 yards Termites.
- The MAX skill weight is 95 pounds. (Although, the Tight End is eligible to catch a forward pass; the TE is not permitted to catch a screen pass or take a hand off of any type). Violation of the Max Skill Weight player who is on the end of the line and takes a hand-off or screen pass will initially be a 5 yard penalty and then escalate to 15 yard unsportsmanlike and charge against the head coach (not the player). Note: the player is just executing what the coach is telling them, so the coach should assume responsibility for this.
- The review playing weight is 130 pounds. Players over that weight are subject to an Executive Board review.
- On offense, players over the review playing weight may line up from tackle to tackle only, they are ineligible to catch any pass.
- On defense, players over the review playing weight must line up in a three or four point stance head up over the offensive tackle and may penetrate, at the snap of the ball, through any gap.
- Players over the review weight are allowed to advance a fumble or an interception.
- OLD—All SHYFL communities must split at 30 players in a two team scenario. In a three team scenario, the split will be at 45 players subject to league review. The community must attempt to split so each team has an equal amount of grade representation.
- NEW— All SHYFL communities must split at 32 players in a two team scenario. In a three team scenario, the split will be at 48 players subject to league review. The community must attempt to split so each team has an equal amount of grade representation.
- All SHYFL teams at this age group may not make the playoffs.

Varsity (5-6th grade) Division:

- The Varsity Division will play on a regulation sized field with 11 vs. 11.
- The game will consist of 4 quarters that are 10 minutes each with a 10 minute halftime.
- Regulation clock and Regulation penalties.
- There are three allotted time outs per half.
- There is a 25 second play clock.
- If either team elects to punt, there either will be a 25 yard walk-off by the referee and the clock will run off 10 seconds. There are no walk-off punts permitted inside of the defensive 30 yard line. A team may elect to punt, although the punt is “live” there is no “live” rushing of the punter/snapper permitted. Quick – kick style punts on third down are however live football.
- A defensive lineman may not line head up over a center in a pistol or shotgun formation.
- After a touchdown, the offense may elect to go for one or two points. If one point, the ball is placed at the 3 yard line; if two points, the ball will be placed at the 5 yard line. The scoring team may elect to kick for two points; if so, the ball will be placed on the 3 yard line. **On a botched snap, running or passing the ball in for a score out of a kick formation results in one point. Intentional fake kicks are not allowed.**
- After scoring, the scoring team has the option to kick from their own 40 yard line or can have the opposing offense start on their own 25 yard line.
- One coach is permitted on the field and in the huddle during the first game only. Thereafter, no coaches are permitted in the huddle; although one coach may come out to the numbers to call in the play to a player on the field for the remainder of the season.
- If a defensive end lines up clearly on the outside of the offensive tackle, he is permitted to be in a two point (standing) stance. If a defensive lineman lines head up or inside of the offensive tackle, he must be in either a three or four point stance.
- LB’s between the offensive tackles must line up no closer to the L.O.S. than the heels of the defensive lineman.
- Single dot LB’s are not permitted to blitz between the offensive tackles.
- There are no further defensive limitations beyond regulation rules.
- If an offensive player goes in motion, he may cross the midline and block a defensive player (kick-out a defensive end as an example) or take a hand-off. However, if an offensive player goes in motion to a wing position, he must come to a complete stop (1 full second minimum) prior to blocking a defensive player. The penalty enforcement will be 15 yards for JV-Varsity, 10 yards Termites.
- The MAX skill weight is 115 pounds. (Although, the Tight End is eligible to catch a forward pass; the TE is not permitted to catch a screen pass or take a hand off of any type). Violation of the Max Skill Weight player who is on the end of the line and takes a hand-off or screen pass will initially be a 5 yard penalty and then escalate to 15 yard unsportsmanlike and charge against the head coach (not the player). Note: the player is just executing what the coach is telling them, so the coach should assume responsibility for this.
- The review playing weight is 150 pounds. Players over that weight are subject to an Executive Board review.

- On offense, players over the review playing weight may line up from tackle to tackle only, they are ineligible to catch any pass.
- On defense, players over the review playing weight must line up in a three or four point stance head up over the offensive tackle and may penetrate, at the snap of the ball, through any gap.
- Players over the review weight are allowed to advance a fumble or an interception.
- All SHYFL communities must split at 32 players in a two team scenario. In a three team scenario, the split will be at 48 players subject to league review. The community must attempt to split so each team has an equal amount of grade representation.
- All SHYFL teams at this age group may not make the playoffs.

Cross Rostering Appendix:

When teams split to relatively small rosters, SHYFL allows for cross-rostering of players in situations where there are unexpected shortages of players for upcoming games. The following are guidelines on how to do it, but remember, this is **NOT** to gain a competitive advantage, but to help teams play games in the spirit of providing more playing time for kids in that community.

- If a small roster team has injuries, sickness, etc it can bring over role-players to fill the void.
- No cross roster player should play over anyone on the existing team.
- Cross roster players cannot play a skill position.
- Goal is to replace a player with similar or less talent/skill, preferably a player that can benefit from extra playing time, but not the star on main team
 - I.E. Do not bring over starting backfield to play line on the second team.
- Cross rostering is permitted due to the above circumstances and must be communicated to the league and upcoming opponent by the community's league representative in a timely manner.
- All players should only be rostered on one team at the start of the season.